

December 2022

BAY COUNTY DEPARTMENT ON AGING

HDM/CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(5) SALMON (7) Cheese Mashed Potatoes (16) Mixed Vegetables (11) Mandarin Oranges & Pineapple Chunks (20)	(6) CHICKEN BREAST w/ TARRAGON GRAVY (4) Steamed Brown Rice (17) Colorful Peas & Carrots (9) Snickerdoodle (28)	(7) ITALIAN STEAK SANDWICH (4) WHOLE WHEAT HAMBURGER BUN (25) Down Home Fries (15) Green & Yellow Beans (6) Cranberry Juice (17)	(8) MARINATED CHICKEN BREAST (1) Baked Potato (18) Broccoli w/Cheese Sauce (6) Banana Pudding (25)	(9) TACO SALAD (26) Strawberry Kiwi Slushie (22)
(12) GOURMET CHICKEN TETRAZINNI (27) Kyoto Blend Vegetables (9) Apricots (15)	(13) SAVORY BEEF STEW W/VEGETABLES (9) Garlic & Cheese Biscuits (10) Brussel Sprouts w/ Parmesan Cheese (7) Clementine (9)	(14) PATTY MELT (6) Whole Wheat Bun (25) Baked Potato (18) Colorful Peas & Carrots (9) Apple (21)	(15) HAM (1) Scalloped Potatoes (19) Green Bean Almondine (6) Cheesecake (51)	(16) CHICKEN & PASTA ALFREDO (21) Diced Carrots (7) Fresh Pear (23)
(19) GOLD COAST PORK CHOP (8) Ranch Mashed Potatoes (17) Garden Green Peas (11) Chocolate Chip Cookie (27)	(20) COD FISH FILET (16) Whole Wheat Bun (25) Redskin Potatoes (23) Mixed Vegetables (11) Lemon Pudding (33)	(21) COUNTRY FRIED STEAK & GRAVY (21) Corn (21) Garlic & Cheese Biscuit (10) Apple (21) Caramel Dip (18)	(22) CRISP CHICKEN FINGERS (17) Down Home Fries (15) California Blend Vegetables (4) Chocolate Pudding (27)	(23) CHRISTMAS ALL OFFICES & ACTIVITY CENTER S CLOSED 
(26) CHRISTMAS ALL OFFICES & ACTIVITY CENTERS CLOSED 	(27) SMOTHERED CHICKEN (7) Diced Redskin Potatoes (13) Kyoto Blend Vegetables (9) Peaches (14)	(28) HAWAIIAN MEATBALLS (33) Friend Rice (19) Sliced Carrots (7) Pineapple Upside Down Cake (44)	(29) VEGETABLE LASAGNA (27) Scandinavian Blend Vegetables (7) Vanilla Pudding (32)	(30) NEW YEARS ALL OFFICES & ACTIVITY CENTERS CLOSED 

All Meals at the Activity Centers served with Fat-Free Milk (13) Number next to the menu item indicates carbohydrate count.
 Menu is subject to change without notice. Be advised menu items may contain nuts. **Main Office: (989) 895-4100**